



GLOBAL SPOTLIGHT
Veteran's Day through the eyes of American heroes

Vol. 35 Issue 11

Health Services offers a word of warning during flu season

By Shari M. Carew
Staff Writer

With the progression of fall and the nearing of winter, students will be entering the peak seasonal period for the flu, other viral infections and upper respiratory infections including bronchitis and strep throat.

The flu is a contagious respiratory illness caused by influenza viruses; bronchitis is caused by the inflammation of the main air passage ways; and strep throat is an infection caused by bacteria of streptococcus. All are treatable, but if neglected can be highly contagious and detrimental to health.

7,000 of the visits to Salisbury University's Health Services a year are patients with upper respiratory infections and viral illnesses, according to Health Services Director Jennifer Berkman.

Health Services provides a Self Care Cold Center so students may treat many symptoms of the common cold.

"We have over the counter medications that are free. Taking advantage of offered services at the cold center are really important precautions," Berkman said, "because we can't necessarily treat everything with antibiotics, your best bet is precaution. We can medicate the symptoms."

The Self Care center includes treatment for cold, flu, canker-sores, sore throats and many other ailments. Students are encouraged to take action this season.

"As a respiratory therapy student and someone who repeatedly gets sick every winter, I have learned that the best way in preventing illness is to wash my hands," said senior Oladiya Morrison.

Smokers and those who consume a large amount of alcohol are at a higher risk of acquiring viral illnesses and upper respiratory infections.

"They get sicker quicker and stay sicker longer," Berkman said. "I'm concerned with the level of smoking and drinking students do that don't realize it really weakens the immune system. More illnesses are linked to these. If we can get a handle on these things we'll be in good shape."

Symptoms such as fever, chills and body aches that seem different from a common cold and last more than two or three days are indicators that an appointment should be made with Health Services.

SU's Health Services is not responsible for excuse notes pertaining to illness. Berkman stresses the importance of having open communication with professors and not abusing the attendance policy.

With the approaching of finals, the health of the campus is vital to a prosperous semester end and a healthy beginning to spring semester. There is safety in precautions.

-Plenty of Sleep
-Eating well (fruits and vegetables, yogurts, cottage cheese etc.)
-Stay away from sick people; stay away from people if you are sick

-Frequent hand washing, traveling with hand sanitizer (in purse, in car)
-Limit alcohol and drug intake

-DO NOT Smoke

THE FLYER



Salisbury University's Student Voice



SU celebrates the Great American Smokeout

November 20, 2007

Gandhi shares insight on violence and terrorism at SU

By Sara Sutton
Staff writer

On Monday, Nov. 12, at 7 p.m., Holloway Hall Auditorium saw a packed crowd as nearly 700 individuals waited patiently for the Conflict Resolution Scholar in Residence, Dr. Arun Gandhi, grandson of Mahatma Gandhi, to give his final class lecture.

The lecture, titled "Nonviolence in the Age of Terrorism," is a part of the "One Person Can Make a Difference," lecture series and was a continuation of the CADR 490 course

"Gandhi on Personal Leadership and Nonviolence," in which Dr. Gandhi and Dr. Brian Polkinghorn, director of the Conflict Analysis and Dispute Resolution (CADR) Department, co-taught.

The night started with a moving film highlighting previous "One Person Can Make a Difference," lecturers and how Mahatma Gandhi had personally affected them and their works. The film was accompanied by a vocal performance by John Wesley Wright of the music department at SU.

Dr. Gandhi covered many topics on the principles of nonviolence and how to apply them to current situations, like the war in Iraq, saying it was a "very



CADR 490 presented a generous donation to Dr. Gandhi for the Sunanda Gandhi Memorial School in India

short sighted foreign policy." Dr. Gandhi also explained how the U.S. has divided the nations between us and them. From this he stressed how the U.S. needs to join the community of the world instead of viewing itself as a superpower.

"Our security is linked to the security of the world and our destiny is linked to the destiny of the world," Gandhi said.

Through his lectures and the class he taught at Salisbury University, Dr. Gandhi stresses that "nonviolence is the only way we are going to save humanity and save this world," and that "nonviolence emerges from love and understanding. We can not practice if we are

filled with hate."

"You are the future, that's why I spend my time going out to universities and colleges. You can make a change," he told his students and others at the lecture.

"The students in CADR 490, 'Gandhi on Personal Leadership and Nonviolence,' impressed him greatly," Dr. Polkinghorn said. "The students completely embraced the man and his ideas and took his many lessons and created a series of highly sophisticated understandings on his grandfather's philosophy and way of life. For Dr. Gandhi and I, that was the clue that we

accomplished the mission."

Senior Randon Ryland agreed completely, "Gandhi has changed the way I look at myself; he has changed my character."

"What Arun can do in two hours with the students I couldn't get accomplished in two years," Polkinghorn said.

During his lecture, Dr. Gandhi told a powerful story of his grandfather and what he felt were the seven key things that cause all the violence in the world. "And if you can devote your life to changing these seven blunders, into seven

wonders, then your life would have been worth living," Dr. Gandhi explained.

The seven blunders are "wealth without work, pleasure without conscience, knowledge without character, commerce without morality, science without humanity, worship without sacrifice, politics without principles, and I added the eighth one more recently. And that is rights without responsibilities," Gandhi said.

"If students today work on these issues then the world will certainly be much better than us older folks have made it," Dr. Polkinghorn said.

The search is on for new Dean of Fulton

By Alex Ruoff
Staff Writer

The Fulton School of liberal arts gave students a chance to meet and evaluate the nominees competing for the position of dean by holding open interviews with the candidates last week.

"We're looking for someone with a strong academic background and administrative experience," said Dr. Thomas Jones, Provost and Vice President of Academic Affairs. "The program needs an administrator capable of handling the whole school."

Jones was the previous dean of the Fulton School, but replaced Kenneth Perry as provost last year. Perry currently holds a position at Virginia Wesleyan College.

Open interviews were held throughout the week, beginning on Tuesday with Dr. Connie Richards, the associate Dean of the Fulton School and current interim dean. Jacqueline McGlade, associate Professor of History at Penn State Shenango was at SU on Thursday.

The interview on Monday, Nov.



Sarah Wright photo

Budget cuts may put Conflict Analysis and Dispute Resolution master's program on hold

By Katelyn Johnson
Staff Writer

Salisbury University's plan to create a new Master of the Arts program in conflict analysis and dispute resolution may have to be put on hold until the budget dispute in Annapolis is cleared up. The program was originally slated to begin fall of 2008, but waiting for the news concerning budget cuts could push the date back.

"That's okay though. It gives us one more year to hone the curriculum and get materials together and make the program as polished as possible," said Dr. Brian Polkinghorn, director of the Conflict Analysis and Dispute Resolution (CADR) Department.

Research for a master's program began way back in 1995 with an extensive look at the 95 other programs of its kind currently existing throughout the country. Studying their curriculums as well as their focuses and strengths gave the SU staff enough information to begin their own endeavor as well as put together a massive report due out next semester.

The program has already been completely approved by all the necessary people and committees on all levels.

The current bachelors program existing at SU as been intact for only five years but has already garnered the reputation as a program of distinction. Currently, about 50 students are involved in the program.

This is a quickly growing field, with governments and corporations increasingly using mediation and



The Center for Conflict Resolution, located on Camden Ave., serves as a "teaching hospital" for CADR majors.

school, very prestigious schools such as Duke and Johns Hopkins," Polkinghorn said. The other half have opportunities in occupations such as school counselors and police officers specializing in conflict prevention.

The Master of Arts in conflict analysis and dispute resolution is a new program that addresses the growing need for highly skilled conflict resolution practitioners to work within judicial, governmental, social service and private sector systems.

This is a quickly growing field, with governments and corporations increasingly using mediation and

for Conflict Resolution, which functions as a "teaching hospital," offering extensive opportunities for students to get involved in both research and practice."

The Center for Conflict Resolution, located off of Camden Avenue, is a non profit venture described by Polkinghorn as a "highly unique" opportunity for both undergraduate and graduate students to get the field practice they need.

According to their Web site, "The mission of the Center for Conflict Resolution is to foster peace building through the teaching and training of both conflict analysis techniques and conflict process skills. This requires the careful study of conflict process dynamics, introspection and practice, all of which prepares an individual to effectively promote and foster nonviolent, collaborative and peaceful ways to resolve conflicts."

This innovative tool that provides both hands on and research opportunities has garnered attention from various vice presidents and deans of other schools in the University of Maryland system.

Even with all the work already put into developing a master's program, Polkinghorn does not necessarily think it's a bad thing that the degree must be put on hold.

"We don't want students going through the program with us having to make adjustments along the way. We want everything to be completely ready," Polkinghorn said.

19, with Dr. H.N. Hirsch has been cancelled.

Dr. D'Ann Campbell's open interview is scheduled for Monday, December 3 from 3-4 p.m. in the Caruthers Auditorium. Campbell teaches Politics and Comparative American Studies at Oberlin College.

"The Fulton school is looking for diversity," Jones said. "Not in terms of race, because what we are looking for is someone who can bring a wide variety of options and benefits to the school. Diversity in the sense of bringing something original to our campus."

According to the SU Web site, the Dean of the Fulton School is the chief academic and administrative officer who oversees more than 150 full-time faculty members in 16 disciplines and close to 2000 degree seeking students.

"The Fulton Dean is a key component of the academic leadership team for the institution and is the visionary leader of the school," the official dean search advertisement said. "We are seeking a leader who has demonstrated excellent performance and leadership in academia and the arts who actively supports interdisciplinary collaboration between faculty and students and is strong committed to undergraduate research and teaching."

The official date of appointment is July 1, 2008.

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TUESDAY 11/20/07	WEDNESDAY 11/21/07	THURSDAY 11/23/07	FRIDAY 11/24/07	SATURDAY 11/25/07	SUNDAY 11/26/07	MONDAY 11/27/07
HIGH 58	HIGH 65	HIGH 64	HIGH 49	HIGH 50	HIGH 53	HIGH 56
AM CLOUDS PM SUN	PARTLY CLOUDY	MOSTLY CLOUDY	PARTLY SHOWERS	PARTLY SUNNY	PARTLY CLOUDY	SUNNY
LOW 47	LOW 52	LOW 39	LOW 31	LOW 37	LOW 42	LOW 42

News briefs

University Forum
The University Forum will be held on Dec. 4, at 3:30 p.m. in Devilbiss Hall to discuss several issues on campus. During this meeting, plans for the new parking garage will be talked about as well as the President's Climate commitment. Also the issue of the Maryland state budget may also be discussed. All full- and part-time faculty, staff and students are welcome to attend.

Submit to NCUR

Some 2,500 of the nation's top undergraduate scholars come to Salisbury University for the 22nd National Conference on Undergraduate Research (NCUR) Thursday-Saturday, April 10-12. SU is accepting student abstract submissions for the conference through Saturday, Dec. 1. Each abstract should be 250-300 words long and include the title, discipline and advisor's and student's names. Research does not have to be completed at the time the abstract is submitted. Registration expenses will be paid for SU students whose abstracts are accepted. Those accepted will be notified on Jan. 25. Conference officials are also seeking volunteers to assist during the event. For applications visit www.salisbury.edu/ncur22. For more information call 1-866-812-4277 or e-mail ncur22@salisbury.edu.

Commencement Volunteers

Volunteers are needed for commencement on Saturday, Dec. 15, to help with guest seating, programs and related duties. Volunteers report to the Civic Center at 10 a.m. and finish at the conclusion of the ceremony, estimated at 4:30 p.m. Interested students or staff should contact Tammy Gharbi at tgsharbi@salisbury.edu.

In early Oct., a test of this system was conducted to discover how

Who's who in noise ordinance



Gary A. Comegys
Staff Writer



Deborah S. Campbell



Louise Smith



Eugenie P. Shields

Crime beat

11/08/07
4:05 p.m.-4:49 p.m.
Trespassing

University Police responded to Holloway Hall for a disorderly subject. Officers identified a non-student subject, who had previously been issued a "No Trespass Letter". The subject was arrested for Trespassing.

11/08/07
6:30 p.m.-7:30 p.m.
Theft

A student reported that a backpack was stolen from the first floor area in Maggs Gym. The backpack had been left unattended.

11/10/07

11:40 a.m.-12:15 p.m.
Disorderly Conduct

University Police removed a student from the Athletic Complex for disorderly conduct.

11/12/07

12:15 a.m.-12:35 a.m.
Recovered Property

An employee found suspected CDS in Devilbiss Hall.

11/12/07

5:48 p.m.
Recovered Property

An iPod was stolen from the East Campus Complex in April was recovered in Maggs Gym. Criminal charges pending.

11/13/07-11/14/07

2:30 p.m.-8:00 a.m.
Malicious Destruction

University Police discovered the lawn at the Shoreland Freezer property was damaged by an unknown vehicle.

While in Korea, Mulquin realized what truly constitutes poverty. "I saw women in beautiful dresses wearing GI boots because that's all they had for shoes."

He interviews soldiers for the Library of Congress. He hears their stories filled with tragedies of war, friends being injured or killed in the call of duty and knows they are a band of brothers. Mulquin reflects on the 9/11 attacks and thinks the War on Terror is exaggerated.

"I think about those girls and guys jumping to their deaths. I lost two close friends in the South Tower," he said.

Mulquin tries to maintain objectivity towards the war in Iraq but realizes it is still a war. "We support our troops because they are our sons and daughters; our neighbors."

Another soldier who shares a

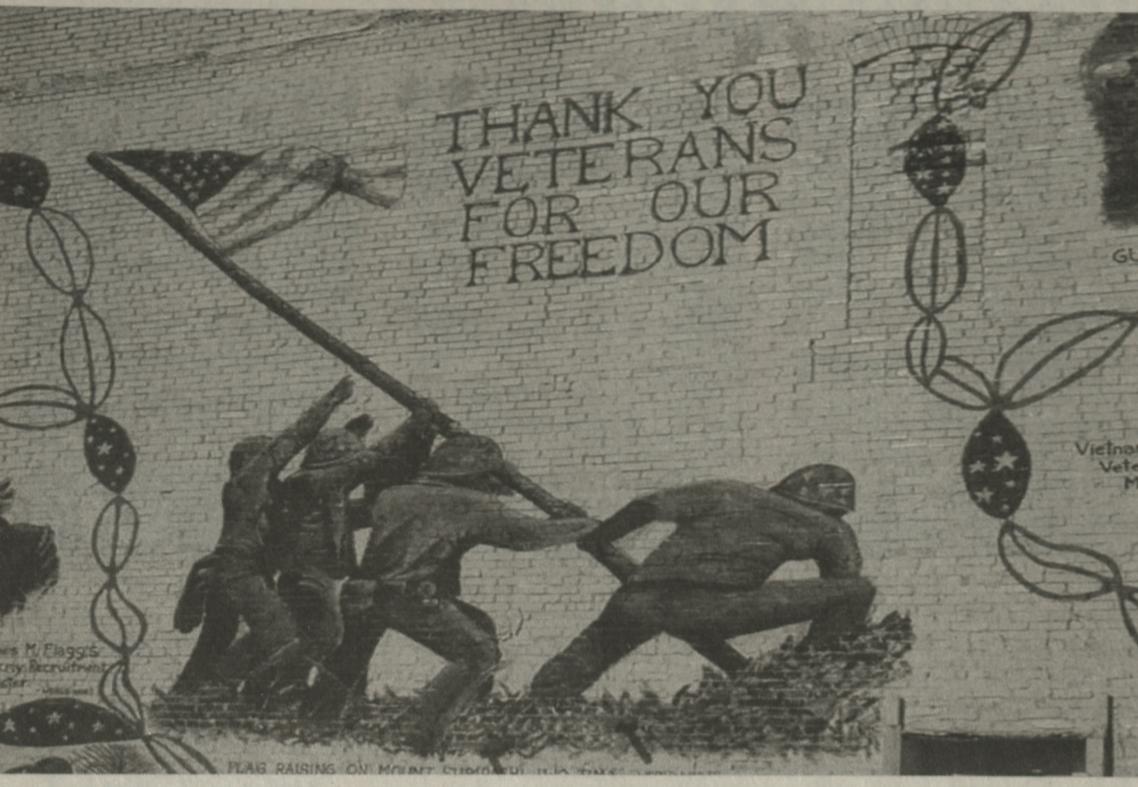
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GLOBAL

November 20, 2007

GLOBAL SPOTLIGHT

Veteran's Day through eyes of American heroes



similar perspective is Korean War veteran Dan Gargano. "I think we didn't grow up with a lot of the fear that we have today. We're doing the best we can to survive," he said.

Gargano ponders the loss of 58,000 men and often wonders if it was worth the sacrifice. He believes that people can believe what they want because they were fighting to protect freedom of speech.

Gargano explained that he did not receive any support after coming home from Korea. It was called a "police action." He felt like nobody really cared. He recalls only one man who recognized his efforts.

Going home on the train, this man identified him as a soldier in uniform and bought him dinner and thanked him. "Veteran's day is getting less notice. It seems that Halloween is talked about more," Gargano said.

Although WWII has long passed, we still have those who survived to talk about it. Our living history of WWII is becoming a rarity so it is a pleasure to capture what is left.

Joe Rosick experienced the dangers of Japanese Kamikazes and was stationed in Okinawa when the atomic bomb was dropped. Rosick was

responsible for carrying supplies and escorting American Prisoners of War out of Nagasaki. "It was a pretty disturbing experience," he said. "They had been there several years and had nothing to eat but bread."

The POWs were just happy to get out of the camps. It gave me an empty feeling, a sick feeling, the condition they were in. You're sort of satisfied you're able to help them out," Rosick said.

Rosick played many of his comrades go down on other ships and was glad to only walk away with cancer. Recently, he met a disabled soldier at the Veteran's

hospital in Bethesda who spoke of having no regrets, even with his injuries. He thinks the anti-war protesters are misinformed. "They are living in this country because of the wars we were in, the preventatives that have been taken to keep enemies out of this country," he said.

Rosick believes that WWII was different from the War on Terror because everyone supported it. "It's an attitude that we had so much given to us that we wouldn't want to do it."

Vietnam veteran Joe Walpert was a crew chief in a helicopter that flew evacuation missions. "We got shot up. We got shot down. We lost our aircraft," he said.

Walpert admits to feeling bitter for about four or five years but says that time heals things. He empathizes with the War on Terror because he considers it more like what his generation went through, more politicized. "The odd thing in my generation was either you joined or you got drafted. You could get a deferment if you joined the reserves. Now, you don't have a draft and all the reserves are being called up," he said.

Walpert does not regret what he did and admits to growing up the year he was there. "It was an experience I went through and I am proud of."

The next time an alarm clock goes off, the reminder will not be to just wake up and go to class. Remember who has maintained for Americans their everyday privileges. "If you have your freedom, thank a service member. They are the ones who keep us free. I always try to look back at history. If we don't then we are doomed to repeat it. If we don't, we are going to lose our freedom," Draize said.

HISTORY CORNER

NOVEMBER 20 1985. Microsoft Windows 1.0 is released.

NOVEMBER 21 1934. Ella Fitzgerald makes her singing debut at age 16 at the Apollo Theater in Harlem, New York.

NOVEMBER 22 1963. In Dallas, TX, US President John F. Kennedy is killed by assassin Lee Harvey Oswald.

NOVEMBER 23 1889. The first jukebox goes into operation at the Palais Royale Saloon in San Francisco.

NOVEMBER 24 1991. Freddie Mercury, lead singer of rock band Queen, dies of complications caused by AIDS.

NOVEMBER 25 1950. The "Storm of the Century", a violent snow-storm, paralyzes the northeastern United States and the Appalachians, bringing winds up to 100 mph and sub-zero temperatures.

NOVEMBER 26 1917. The National Hockey League is formed.

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Internet photo

Formal talks may end Writers Guild of America strike

By David Lapoff
Staff Writer

The Writers Guild of America and the Alliance of Motion Picture and Television Producers are to resume formal talks Monday, Nov. 26, potentially putting an end early to the current strike. Although picketing will continue until formal talks are completed, this is good news as the strike was projected to continue well into 2008.

The strike began Nov. 5 after a dispute over residuals for "assured new media" arose. Writers wish to double their current base rate from 20 to 40 percent for internet content. The WGA also wants a three-year contract that directly accompanies with the expiration of the Directors Guild of America contract.

Effects of the strike could be felt immediately and will continue until a final resolution is found. Any program produced daily by union writers is currently in reruns, such as the late night talk shows of Jay Leno, David Letterman, and Jimmy Kimmel, Comedy Central's "Daily Show" and "Colbert Report" and the sketch comedy program "Saturday Night Live".

With production halted, several programs are doing what they can for the production crews who are unfortunately caught in the middle of the WGA and AMPTP war. David Letterman's production company, Worldwide Pants, will be covering the salaries of his and Craig Ferguson's staff for the next two weeks, with pay to continue on a sliding scale.

NBC's "Saturday Night Live" and "30 Rock" are performing special live editions of last season's material in an effort to raise money for their respective production staff. The two shows, scheduled for Nov. 17 and 19 respectively at the Upright Citizens' Brigade Theater, sold out almost instantly.

If the strike continues much longer, many shows will be advanced in advance of filming will be affected and forced into shortened seasons. For example, NBC's "The Office" aired its last new episode Nov. 15. Exceptionally troubling is that the seventh and final season of "30 Rock" has completed only twelve of its planned sixteen episodes; so if the strike continues...

Diabetes is a growing problem in America, but it doesn't have to be for you. Consider a healthy diet along with working out a few times a week, and your chances of developing diabetes can be reduced. For more information on diabetes visit the American Diabetes website at <http://www.diabetes.org/home.jsp>.

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Foreign Internet censorship, misuse an ongoing concern

By Jeremy Riffle
Staff Writer

Last Tuesday, Yahoo agreed to settle a lawsuit filed by the families of Shi Tao and Wang Xiaoning, two Chinese dissidents. The lawsuit involved actions the company had taken which violated the rights of Tao and Xiaoning. Yahoo gave information, such as e-mail and IP addresses, to the Chinese government, resulting in their ongoing incarceration of the two. The details of the settlement are unknown, other than the fact that Yahoo has agreed to pay legal fees and create a relief fund to aid dissidents. What is especially disappointing about the affair is that Yahoo is not the only Internet company to be criticized for disrespecting human rights when profits are concerned.

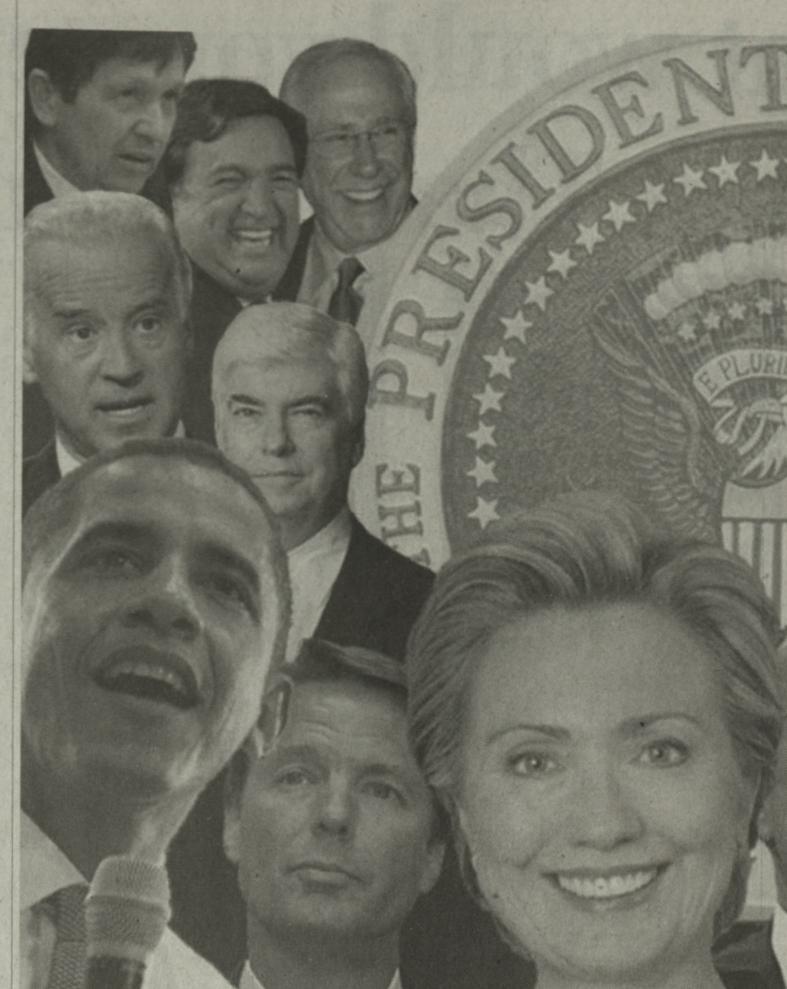
Since the Internet's emergence, issues of the proliferation of information and the broadening of discussion have concerned many countries. One of the most egregious violators of human rights on the Internet is Google. Despite Google's motto of "Don't Be Evil," the company has routinely censored information for many of its search results in China. For example, when Google launched a Chinese version of Google News, the Web site omitted links to stories blocked by Chinese servers. Google passively cooperated by refusing to sue for alleged copyright violations.

Regrettably, Internet censorship occurs not only in authoritarian countries, but is also present in the United States. For example, in September 2006, Google Maps replaced images showing damage in New Orleans from Hurricane Katrina with images from pre-Katrina. Google also has blocked Internet content critical of Scientology from its search engine after the Church of Scientology threatened to sue for alleged copyright violations.

Despite the unfortunate tendency of Internet corporations to compromise rights and morality in exchange for profits, there has been partial progress in convincing some companies to behave in a more just manner. Unfortunately, it usually takes pressure from Congress to achieve any improvement. A week before Yahoo settled with the dissidents' families, its CEO was called before the House Foreign Affairs Committee, where the company was blasted for its behavior. In addition, Microsoft changed its online blog policies when summoned by Congress in 2006. Despite recent advancements in Internet rights, there are still many instances where this new frontier of speech is fenced in by those who would suppress freedoms. Internet corporations should not assist them by betraying expression.

YouTube, a subsidiary of Google, has also participated in censorship. Last spring, YouTube was blocked in two countries after videos deemed "insulting" were posted on the Web site. Thailand took offense at a video mocking its King, and Turkey condemned a video that alleged that Ataturk, the founder of Turkey, was a homosexual. YouTube, in order to be

Student votes of utmost importance in 2008



By Eric Bishop
Staff Writer

Although the presidential election is just a little less than a year away, I wanted to get an idea of how much college students paid attention to the candidates and if they planned on voting next fall. I asked a number of students different questions to find out where they stood on certain topics. Not surprisingly, I got several different responses.

As it turns out, college students are much like the rest of the population that's over 18 years old: some really care about the election and some couldn't care less. What's most interesting is that certain people read a newspaper or watch the news every day and some can't name a single Democratic or Republican candidate. It doesn't mean that those who don't pay attention to these details are unintelligent; it just means that they choose to worry about other things.

Of the students I asked who were able to vote four years ago, about half of them actually voted. The majority claimed to have been registered to vote, but there were a few who weren't and didn't care to be. Excuses for not voting included being out of the state in which they were registered, not filling out an absentee ballot, forgetting to vote or just plain not caring. Aside from the few who were anti-politics, almost everyone I talked to said that they plan on voting in the next presidential election.

In regards to the candidates, again, there were similar results that seemed to be split right down the middle. There was a range of students, varying from some who could name every candidate from both major parties and their platforms, to those who heard that Hillary Clinton was running. The

Is this the end of Thirsty Thursdays?

By Rachel Vontobel
Staff Writer

We're seeing it happen at our school and in this city and now we shouldn't feel alone because it's happening everywhere else, sometimes worse. Administrators, police departments and even some teachers are taking steps towards destroying a college tradition that has been around for decades: Thirsty Thursday.

It's amazing that 20 years ago, college drinking habits were the same, but policies were much more lenient. There were less drinking and driving accidents, alcohol-related injuries and deaths. When you start placing rules everywhere, kids start to lash out. It's a fact of life that will never change. I was recently reading a story that Jay Leno had written about how different life used to be and how much safer everyone was while people did things that could potentially be more dangerous than something like letting loose on a Thursday. This is a new phenomenon that I don't think I will ever understand. Why can't it just be the way it used to be?

The truth is, college kids don't just drink on Thursdays. College students will find any reason to drink because these are the four years of our lives where we can actually get away with it. After this, we'll all be in real jobs with real lives and responsibilities. College is a time for learning and that's not just of textbook definitions. We learn about life and how to juggle all things involved.

Having Friday classes is just another way colleges are trying to gain control over something that is not so outlandish. It may be more worthwhile to focus their energy on contributing to global awareness programs about climate, hunger or poverty. I'm not saying to go out and get drunk, I just think it's the students' responsibility to make their own decisions.

For those who choose not to vote, I say good for you. Unlike some people (my mom, a raging Democrat), I do not judge those who choose not to vote. You have your reasons and you have your own problems to worry about. Those who decide to vote, don't just vote based on your parents' beliefs; make your own decision. Actually pay attention to the candidates and formulate your own opinions. It's not a life-changing decision, but in some cases it is, an example being how long we've been at war because of a certain elected and re-elected official.

Although it may appear as if the presidential election is too far from now to be worrying about, now is the perfect time to pay attention. In the coming months, candidates are going to be laying it on thick in order to win people over. For those who decide to vote, it is up to us to pick the next leader of our glorious country. Let's just hope it's not someone who wants to go to war for another eight years.

Internet photo



Internet photo

Native American history repeats itself

By Kristen Manion
Amnesty International Intern

Just as it was over 100 years ago when the Indian Wars first began, violence against Native American women is widespread, and at times, very brutal. These women are 2.5 percent more likely to be victims of sexual violence than any other ethnic group, and in a country that champions for human rights, this is a stain on our legacy.

This of course is just a continuation of the long history of violence against the indigenous population of the Americas. These modern cases of rape against native women are, by the accounts of survivors, mostly perpetrated by non-native males. This is only the tip of the iceberg of all the notorious human rights violations done against the Native American people since the first Europeans set foot on North American soil. Then as now, rape of native women was "a tool of conquest and colonization" according to Amnesty International report.

"Native women are brutalized at an alarming rate, and the United States government, a purported champion of women's rights, is

unfortunately contributing to the problem," said Larry Cox, executive director of Amnesty International USA. Cox went on to say how "disgraceful that such abuse even exists today."

Many of the assaults occur in areas that are cut off from a decent hospital. Hospitals that are close to the region where the rapes are most prominent oftentimes do not even have all the standard equipment to assess that the violence was an actual rape. FBI statistics show that Alaska is the state with the highest number of rapes yearly, most against Native Inuit women, and that "one in three Native American women will be raped in their lifetimes."

Perpetrators find it incredibly easy to rape with impunity, oftentimes never being brought to trial. Meanwhile their victims are being shortchanged by never receiving either prompt response from legal authorities, physical examinations in hygienic environments, or even seeing their cases go to court, three things that are virtually guaranteed for other women in the United States.

To complicate things, if the rapes

occur on tribal lands, the tribal prosecutors can not prosecute the non-Indian perpetrators. If the rape occurs off the tribal lands, the local police will often not respond and insist "its tribal land" and claim they have no jurisdiction.

Also, tribal law enforcement is severely under-funded by federal and state governments, even though the federal government has full legal and moral responsibility to protect these people. The thing to keep in mind is that these people were the original American citizens and still are. They deserve better, and may get it once a federal Violence Against Women Act (VAWA) is ratified to protect them.

Such treatment is unjust and irresponsible of the United States government to allow continuing in their borders. The abuses against Native women have gone on for far too long and needs to end. The drive to end violence against Native women is a part of Amnesty International's Stop Violence Against Women campaign. Please visit www.amnestyusa.org for more information on how you can join the cause to end the suffering.

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LIFE & STYLE

November 20, 2007
Four to the Floor
O.C. hosts first
Ultimate Muscle Car
and Truck Show

By Michael Vince
Staff Writer

All was silent in the Ocean City convention center where monstrous machines lied in a state of slumber awaiting a flip of a toggle switch or turn of a key so the beasts may loudly awaken with the thunderous roar and rumble of unbridled power.

The first annual Ultimate Muscle Car and Truck Show held Saturday, Nov. 10 through Sunday, Nov. 11, brought in a variety of show stoppers, hot rods, big rigs, rubber burners and builds in progress. There was a taste for every automotive aficionado to enjoy.

Ian Foster, owner of a 1967 Shelby Cobra replica, has a history of possessing a few exciting cars; starting with a 1967 Shelby GT 350 convertible clone. Foster enjoyed the drop top speed demon until he sold it to a friend. "It was ok that I sold the clone because I really wanted a real one anyway, just couldn't afford one," Foster said while rationalizing his loss. "Soon after I sold the Shelby I bought a '55 T-Bird with both tops." The Thunderbird was fully restored and worth a pretty penny.

However, Foster had his heart set on a 1967 Shelby Cobra; to many it is a priceless roadster, but on the market the Cobra sells for around \$50,000. Foster was not able to come up with half a million for the original, but did have \$52,000 to spend on a replica, a red one with white racing stripes, side exhaust, and 351 Cleveland V-8. "The next step is to get the replica 427 motor, but I will need to save some money," Foster said.

Money is the issue and Ed Mascia, owner of a 1937 Custom Ford Pick-Up/Hot rod, knows all about it since he spent \$65,000 on his pride and joy. The Ford custom has a vivid, glistening yellow coat of paint called gold pearl metallic. "It's got a '96 Corvette engine that I love to cruise around in with my wife," Mascia said.

Both Foster and Mascia enjoy their vehicles to the fullest, which is why all show cars and trucks are built.



Mike Vince photo
Hot rods, big rigs and rubber burners, vie for attention at the first annual Muscle Car and Truck Show in O.C.

Fad diets endanger health nuts

By Katie Murphy
Staff Writer

Any diet that claims you can lose weight without lowering calories or increasing exercise is not safe and is only a short term fix.

The most dangerous weight loss program today is the Atkins diet. This plan recommends unlimited amounts of meat, butter and eggs. All of these foods cause an increase in cholesterol which can lead to hypertension or a heart attack. This diet is based on the idea that over weight people eat too many carbohydrates. It puts your body into a state of ketosis, which means it burns its own fat for fuel. The Atkins diet is not safe because it does not allow for the intake of many essential nutrients along with making it close to impossible to exercise due to lack of energy.

The new and popular liquid diet claims to cleanse the body of impurities. By only drinking clear liquids, this allows the bowels to be flushed out. This diet plan is only recommended to be done by surgery patients and the extremely obese.

This strategy is not safe or effective because it does not give the dieter the skills needed to keep off the weight or change their lifestyle. This diet makes it impossible to intake essential vitamins, proteins, fibers and other nutrients which are needed for optimal health.

The South Beach Diet claims that you can lose eight to thirteen pounds in the first two weeks! Experts have determined that steady weight loss of up to two pounds a week is the safest way to get rid of extra weight and keep it off. This diet focuses on the balance between carbs and fats. It has strict restrictions on foods that can be eaten, which is a sign of a poor diet plan. Absolutely no sweets can be eaten in any phase. The South Beach diet is more safe and effective than most diets but is still not wonderful since it places restrictions on a local high school that would have

The Smokeout was first held in 1977 and is sponsored by the American Cancer Society. The idea derived from Arthur P. Mullany who suggested people give up cigarettes for a day and donate money to a local high school that would have

smoking. If you can fight the urge to not smoke for 20 minutes by going for a walk or listening to music, the urge will go away.

Other student organizations are involved in the Great American Smokeout, including Colleges Against Cancer, who also participated in Breast Cancer Awareness and Education and Residence Life. Students have had tables set up around campus to promote the event and raise awareness. The Student Government Association has also recently mandated smoking regulations at 30 feet away from any building to promote health and wellness in the campus community.

The Great American Smokeout took place nationwide in 1977 and is still held every year. The idea is to encourage college students to quit smoking before they leave college so that they will not become lifelong smokers. More than 33 percent of college students smoke. Health Services offers a nicotine patch and the oral pill, Chantix, for a low cost of only \$10. This low price for otherwise costly aids was made possible by a grant through the State of Maryland.

The Great American Smokeout is held the third Thursday in November.

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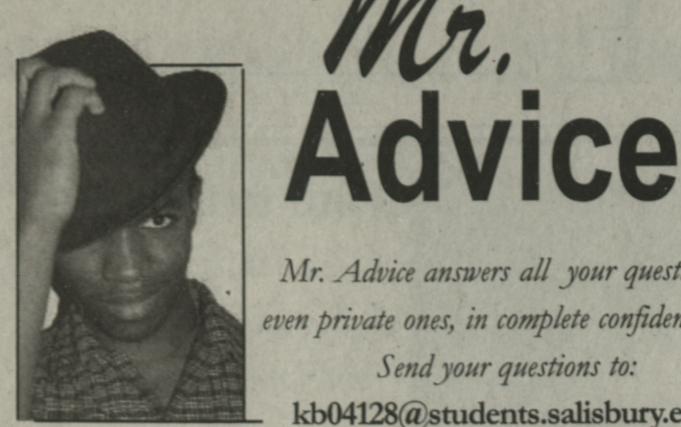
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Mr. Advice

Mr. Advice answers all your questions, even private ones, in complete confidentiality.

Send your questions to:
kb04128@students.salisbury.edu

Don't be shy, ask anything!

Q. I read your post last time about finding a job that I'd like versus one that would pay good money and I'm not sure I can completely agree with it. I don't know that the job will always be the first one you like and that it possibly would take some time to really find what you want to do in life. But in the case that I do know what I want to do, say for example, become a counselor, how do I know if I can make lots of money?

A. It was not my intention to imply that your first job will be the one you love when getting out of college. In fact, depending on your major, your first job (or first couple) will probably not be exactly what you want to do. However, the time working at jobs that aren't particularly what you want, but do deal with your degree, are important. This allows you to build up skills, because in the work force sometimes higher end jobs require a few years of experience. Some jobs just need a person to jump right into position and is expected to hit the ground running. That means they would have needed to know much background of the position with the experience to back it up and benefit the company.

It's not always easy when trying to find that job you like because you may not even truly know until later in life. Usually people have a good idea when growing up, but their passion for something could change if shown new opportunities. Events in life inspire people to do something differently than what they originally had planned. What I also mean to say about the point in finding a job you like is that you don't want to feel like you limited yourself for any reason. For example, if you knew you could be much more, but you only decided to use a fraction of that, you might regret later in life that you should have gone that extra mile. And by that time, it's hard to go back and do the extra mile because life gets in the way. This could also be another reason why people switch their careers later in life, because they know the potential that they hold. Of course there are many different factors in why one would switch careers.

To your question about making a whole lot of money while you are a counselor, there are some things you'll want to consider. First is being realistic. When it comes to deciding on careers, you can't just mix and match salaries. Researching on where the career starts off in salaries is something you may want to consider. Depending on the job, they could cap out or be limitless. What I mean by this is that a job could have a set salary, maybe a few raises, but nothing along the lines of a huge change in salary. Or a job may have a starting salary where you could build, build and build over the years and so does the increase in salary. Sometimes jobs may require you to move up in position, but still could be dealing with the main focus. An example based off of yours: if you were a counselor for years and given the opportunity to become a head counselor or a manager of counselors in a region for a company. The focus might change like you used to counsel troubled teenagers, given the change in jobs, and now you counsel the counselors on how to handle the troubled teenagers. But I digress; the point is that sometimes it would take time or an upgrade in the job for you to see results in a salary change. Understanding where you start off will help when deciding on how you want to distribute your money. For example, location and cost of living compared with what would the job's income and what you can afford.

Advice of the week:

Sometimes it helps to pay attention to those generic emails that you always just delete. You never know what could actually be in them that could benefit you. There could be deadlines that you need to meet or information on financial aid. Deadlines are pretty serious depending on what it is because once the deadline has passed, that's it. For example, what if you needed to turn in a form for graduation or turning in a timesheet so that you'll get paid? Email is probably the best way for people to get and give information. Another thing that could be associated with the emails is the campus bulletins. Sometimes people will post what they have to sell, looking for roommates, and so on. Just opening up the email and reading a little on what's inside only takes a few more moments rather than just deleting it and it could benefit you in the long run.

Weekly Greek News

Sigma Alpha Epsilon adopts local highway

By Lindsey Dickinson
Staff Writer

Next time you are driving home or going east on Route 50, be sure to look out for a cleaner and better highway, thanks to members of the Greek community.

On Sunday, Nov. 4 Sigma Alpha Epsilon (SAE) and Zeta Tau Alpha (ZTA) joined together in an effort to clean a one-mile stretch of Route 50. SAE officially adopted this section of the highway and this was their first time going out to start improving the road.

About 20 men from SAE and 21 women from ZTA came together to collect trash and debris around Route 50's median and hills. The group worked hard from 11 a.m. to 1:30 p.m. to better the highway that many members of the Salisbury community frequently use.

"I thought it was great that we joined with SAE on this project," said Jaime Hackett, a sister of ZTA.



Sumers, a sister of Zeta Tau Alpha. "It was so nice of them to adopt part of the highway, and we wanted to help out as much as possible so we decided to join them for a few hours to collect the trash around Route 50."

The two Greek organizations divided into three groups and collected more than 19 bags of garbage throughout the day. The brothers of SAE will continue to maintain their part of the highway for months to come.

"It was definitely a success," said Jonathan Lonsdale, a brother of SAE. "More activities for helping the community together are in the making." SAE decided to adopt this stretch of highway because they wanted to work with a piece of highway that members of the Salisbury community as well as students from Salisbury University would appreciate.

"I always love this stretch of my drive coming to school," said Jennifer Hackett, a sister of ZTA.

Thanksgiving dinners for everyone

By Karis King
Staff Writer

People making a difference: Zachary Haney

By Christina Barry
Staff Writer

Zachary Haney is committed to the cause of Amnesty International, an organization that fights for human rights all over the world.

According to the AI Web site, the mission of Amnesty International is "to, undertake research and action focused on preventing and ending grave abuses of the rights to physical and mental integrity, freedom of conscience and expression and freedom from discrimination, within the context of its work to promote all human rights."

Since his sophomore year, student Zachary Haney, now a senior, has taken on the responsibility as president of Amnesty International at Salisbury University. "Our main job is to protect human rights through education," Haney said.

Haney, also associated in numerous clubs such as the Honors Student Association, SAGE (Salisbury Activists for Gender Equality), Phi Gamma Mu (Social Sciences Honor Society) and ECI

The menu integrated such dishes as: Roast Turkey with Chardonnay gravy (California), Virginia Ham with Vidalia Marmalade (South), Herb Roasted Salmon (Pacific Northwest), Oyster and Mushroom Stuffing (New England), Cajun Sweet Potato Praline Casserole (New Orleans), and Tennessee Jam Cake (South), served to the tune of local hammered dulcimer performer Ray Emmons.

"The American Thanksgiving went really well. In addition to the students, we had a lot of the community, faculty, and staff come in," Cerulli said.

SU's Vegetarian Student Association (VSA) offered up a vegetarian alternative at their second annual "Compassionate Thanksgiving Dinner" Saturday, Nov. 17 at the Unitarian Universalist Fellowship Hall.

The dinner was free; however, with donations from the community they were able to surpass their goal of \$375 for the event.

"Our main objective was two-fold. We know there's a vegetarian community in Salisbury, but it's very fragmented and isolated. The group also wanted to take on a humanitarian effort this Thanksgiving by making the event free and open to the public. We would like to provide a meal for the less fortunate that doesn't involve a dead bird as the centerpiece," said Chris Wood, VSA president.

The menu was 100 percent vegan and prepared by the club members. The dinner included a Tofu Roast with Mushroom Gravy, Golden Squash Soup, Broccoli Cauliflower Bisque, Green Bean Casserole, Pumpkin Cheesecake and Sweet Potato Pie.

"We really wanted to show that you can have a Thanksgiving meal without having meat, and it actually tastes good, too," Wood said. "We're hoping to show that not only is it healthier, it's actually cheaper and less time consuming than a typical Thanksgiving meal. We ended up spending an average of \$5 per person on this meal."

Visit www.SUVSA.org for recipes or further information about this event.

This club is a "year new" and is continually improving with more creative and daring projects each semester. Co-founded by Dylan Hintz and James Howe, it was sanctioned by the SGA in Fall 2006.

"Dylan described his vision to me and asked if I would be the advisor," said Dr. Michael Moeder, faculty advisor. "Impressed with the amount of work he had already done in writing a charter for the club, as well as his enthusiasm for it, I agreed."

Hintz, president, and Matt Horst, vice president, have at least ten active members on the FFMC crew.

Each of them has created characters for the club's short films that are produced each semester. "These people are all creative and have a passion for doing things outside of the box," Hintz said. "Film is not something you can do on your own. Film is people."

"The members have been highly motivated and have done a great job

How do international students spend the holidays?

By Kathleen Fitzpatrick
Staff Writer

(Eastern Correctional Institution book discussion with prisoners), has made this club dramatically turn around in the past two years.

"We started engaging in the campus, advertising and made more students aware of Amnesty International," Haney said. "We write letters to other countries to try and end all human rights abuse that are going on around the world. Writing a letter makes a difference. I want to let people know the power of writing letters is phenomenal. With one letter written, one more person is aware of certain issues going on in the world."

When he is not making a huge impact on today's society and trying to save the world, Haney enjoys undergraduate research and focusing on his English Literature and History majors. "I enjoy going to conferences and writing papers," Haney said.

In the future, Haney hopes to receive his doctorate in English Literature and pursue his dream of being an English Literature professor.

With about 20-25 members at Salisbury University and a mailing list of over 100 people, Amnesty International meets every Wednesday at 7:30 pm at Fireside Lounge. *Road to Guantanamo*, a film about a military base in Cuba will be shown at the next meeting.

For more information on Amnesty International you can email Haney at zh16087@students.salisbury.edu.

Club Spotlight

Future Film Makers

Samantha Glaeser
Staff Writer

In an effort to promote film making within the Salisbury University community and the Salisbury area, the Future Film Makers' Club was created. It is a place where students interested in film can meet, exchange ideas and collaborate on film projects together.

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"We really wanted to show that you can have a Thanksgiving meal without having meat, and it actually tastes good, too," Wood said. "We're hoping to show that not only is it healthier, it's actually cheaper and less time consuming than a typical Thanksgiving meal. We ended up spending an average of \$5 per person on this meal."

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SU athletics prepare for winter 2008 season

By Ben Muell
Staff Writer

In honor of the swimmers who have been in the water for a couple of weeks, and the basketball players who are just now hitting the courts, we take a look at the upcoming winter sports season.

This season marks the eighth year that the Salisbury men's basketball team has been lead under the direction of coach Steve Holmes. Holmes will rely on team captains Jonas Vaikus, from Columbia, MD and Gary Ward, from Poolesville, MD to provide leadership for a young and inexperienced team. Rounding out the starting five will be Todd Ostrom, Greg Palmer, and Sean Whittaker. Although this year's team has a lot of interchangeable parts, the line up will evolve based on the play of guys fighting for spots. Before the season started, the Gulls sat down and decided on some team goals, first and foremost accomplishing a team GPA of 3.0. The team also would like to have a home game during the CAC tournament, to win the CAC regular season, win the CAC tournament, and advance in the NCAA Tournament.

The men's team currently sits at 1-1 0-0 CAC. They will play at home against Goucher this Tuesday at 7 p.m. as part of the Pride of Maryland Tournament.

This year's women's basketball will be lead under new direction



Brian McMullen photo

from first year Coach Charisse Mapp, who replaces former coach Bridget Benshelter. Coach Mapp comes to Salisbury from Princeton University where she served as an assistant coach. This is Mapp's

first head coaching position and first experience in Division III. Luckily she can rely on her vast knowledge and experience from the Division I level, where she held assistant coaching position at

several different women's programs including a five year stint at North Carolina State.

The women's basketball team who went 15-11 overall and 8-6 in the CAC last season want "to

improve everyday. In both small steps and by leaps and bounds."

According to coach Mapp, the women's squad will be looking forward to every game this year as an opportunity to compete. Mapp

stressed that "everyone in uniform will contribute either in games or in practice in order to improve as a team." Mapp continued saying the team has lots of "energy, and effort. These players want to learn, they want to be held to a high standard."

The Lady Gulls, currently 0-2 0-0 CAC, will take on Virginia Wesleyan this Tuesday at home at 5 p.m.

With this year's swimming season already underway the men's team holds a record of 2-3 2-1 CAC while the women's record stands at 1-4 1-2 CAC. For this year's swim team everything will be a team effort, leading the effort will be the team's six seniors. Two from the women's squad Caitlin McGing and Erin Smith, and four from the men's side Matt Anderson, Cole Mangum, Christopher McGaugh, and Ross Spangler. The team has made it their goal to place third or better in the CAC, and will also look to break some records specifically in the 400 meter medley relays. The team will have to depend on their versatility as the strength to get them where they want to be. The added depth of this year's women's team will also help to improve upon last year's performance.

Key meets will come on Dec. 1 in York, PA as the Sea Gulls take on both Goucher and York, and later on in January at St. Mary's.

WOW!

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SALISBURY SPORTS CALENDAR

Tuesday-11/20	Wednesday-11/21	Thursday-11/22	Friday-11/23	Saturday-11/24	Sunday- 11/25	Monday- 11/26
- Men's Basketball vs. Goucher The Pride of Maryland Tournament 7 p.m.					- Men's Basketball @ John's Hopkins The Pride of Maryland Tournament TBA.	- Men's Basketball @ John's Hopkins The Pride of Maryland Tournament TBA.
- Women's Basketball vs. Virginia Wesleyan 5 p.m.						